



Your Appointment is at Trinity Health
200 Jefferson SE, Grand Rapids MI 49503
Location: Radiology Department, 1st floor

Date: _____ Time: _____

You need to register **before** the day of your appointment:

Calling: **616.685.4000, option 2** OR

Online at: **MercyHealth.com/Preregister**

PET-CT Scan Patient Preparation

The Day before Your PET-CT

- Follow the **special diet** on the other side of this page. **NOTE: Patient's utilizing tube feeding do not need to follow the special diet.**
- Do your normal activity today but no exercising, (like jogging or running).
- Drink **extra water** today, unless you are told not to by your doctor.
- Let your doctor know if you need medication for claustrophobia, pain or have a *contrast dye* allergy. Bring these medications with you the day of the test.

The Day of Your Test

- You will be here for this test about 3 hours.
- Because of the medication used, pregnant women and children are not allowed with you for this test.
- Wear comfortable, loose fitting clothing with the least amount of metal.
- Please leave jewelry at home.
- **DO NOT EAT, DRINK (except water) OR CHEW GUM FOR 6 HOURS BEFORE YOUR APPOINTMENT.** You may take your regularly scheduled medications, **except insulin**, with water prior to your test. This includes tube-feeding patients.
- **DIABETICS:** Do not take your insulin the day of your exam. If needed, contact your primary care provider as soon as possible for controlling your glucose due to this restriction. Please be aware if you have had a recent high A1C, we will call you with special instructions.

The Scan

- In your private room, an IV will be started (and will stay in for the whole appointment.) A small amount of radioactive glucose (FDG) will be given through your IV and needs to circulate in your body for about 90 minutes before your actual test. The test will take 30-60 minutes. You may also be given oral and/or IV contrast dye.
- Your private room has television & a DVD player. Feel free to bring a movie along to watch.
- You may also bring along a CD to listen to during the PET-CT scan.

After Your Scan

- We will provide a meal or snack for you.
- Please drink extra water and fluids throughout the rest of the day to help rinse the contrast dye and FDG out of your body.
- Your PET-CT scan will be read by a specially-trained radiologist and a report will be sent to your ordering physician within 3–5 business days. Please contact your physician for results.
- **DO NOT TAKE Glucophage (metformin) for 48 hours after the injection of CT contrast/dye**

DIET PLAN

Beginning 24 hours before your test, follow this diet (which is a low carbohydrate diet.) Use the guideline below for menu ideas.

Suggested Foods:

- Protein:** Non-breaded beef, chicken, turkey, fish, pork, lamb, ham (without honey), hot dogs, lunch meats, fish, shellfish, crab, peanut butter (1 or 2 servings total), most nuts and sunflower seeds (2 ounces total), eggs
- Dairy:** Low-fat cottage cheese, cheese, 1 serving light yogurt with artificial sweetener (Dannon light or Yoplait light), sour cream, butter, half & half
- Vegetables:** Green beans, asparagus, broccoli, cabbage, cauliflower, celery, cucumber, lettuce, mushrooms, radishes, spinach, zucchini
- Condiments:** Mayonnaise, salad dressing & barbeque sauce (those with 3g or less per serving of carbohydrates), oil, vinegar, mustard, hot sauce, tartar sauce, olives, dill pickles
- Beverages:** Diet soda, black coffee or tea (may add artificial sweetener and half & half), water (diet flavored okay), sugar free Crystal Light

Menu Suggestions:

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Bacon/sausage and eggs Ham and cheese omelet Light Yogurt Veggie and cheese omelet	Egg Salad Chef Salad (No tomato) Ham and cheese wrapped in lettuce leaves Cottage cheese	Veggie/meat soup with canned broth Cheeseburger, no bun Chicken with barbeque sauce

Snacks: Celery and peanut butter, light yogurt or cottage cheese.

Foods to Avoid:

All foods containing sugar and most processed foods, even "low-carb" items

Potatoes	Tomatoes	Bread-all types of grains	"Veggie" Burger
Corn	Peas	Breaded foods	Soybeans (Edamame)
Carrots	Fruits	Rice (brown and white)	Syrups and Jams
Legumes	Juices	Pasta/Noodles	Crackers
Squash	Milk	Sauces/Gravies	Breath Mints
Ketchup	Chips/Pretzels	Candy/Gum	Rice Cakes